

Patterns and Paths: Urban Design, Physical Activity, and Health

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All Images by Raymond Isaacs unless noted.



People who live in sprawling environments are more likely to walk less and have higher rates of obesity than those who live in more compact environments.

Ewing, et al. 2003



Land Used Mix



Density

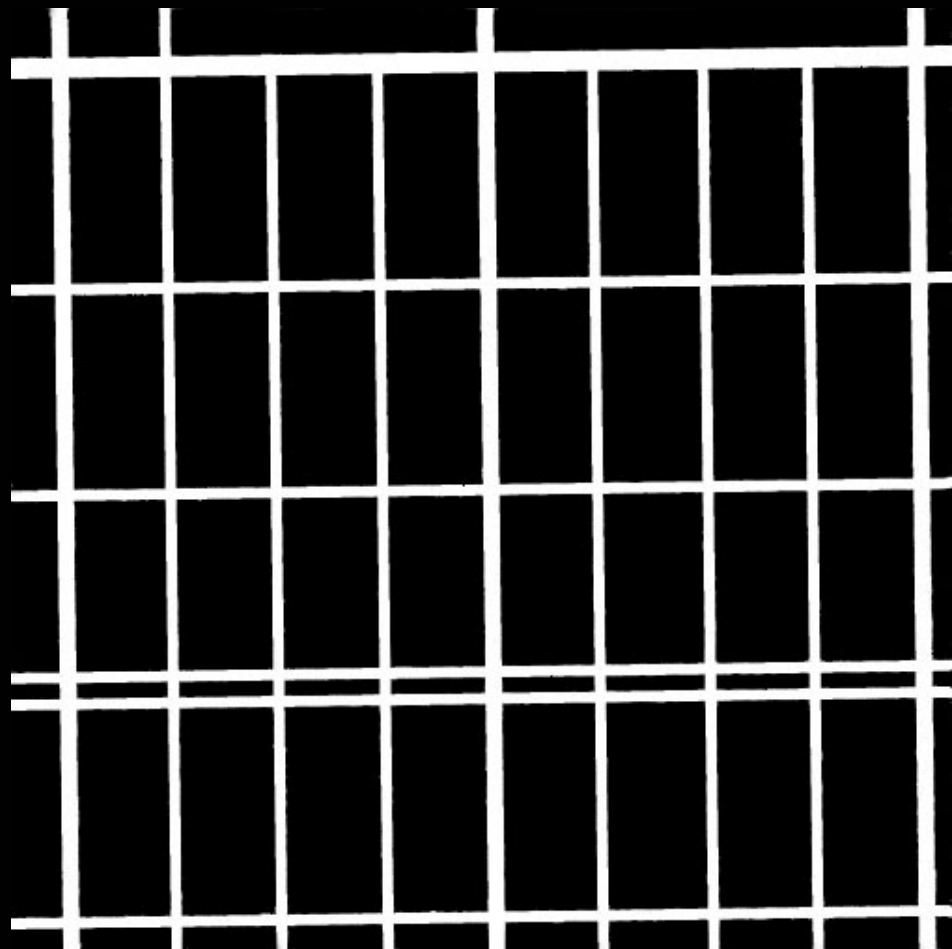
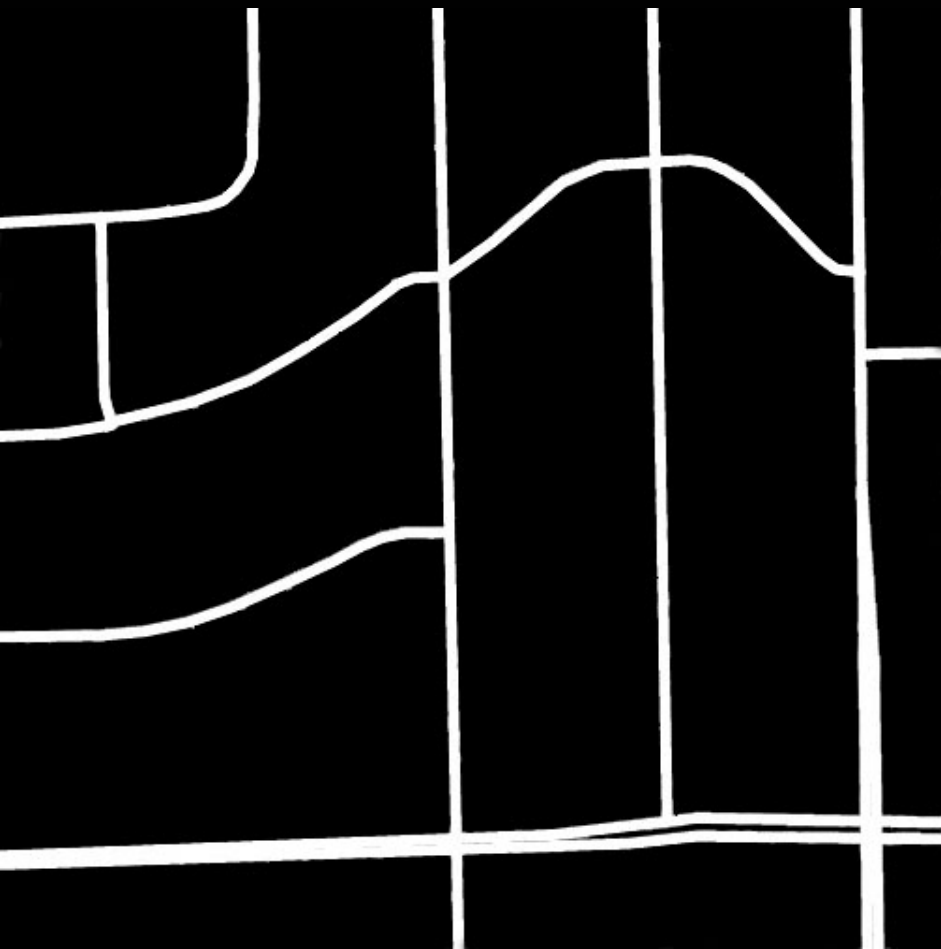
Connectivity



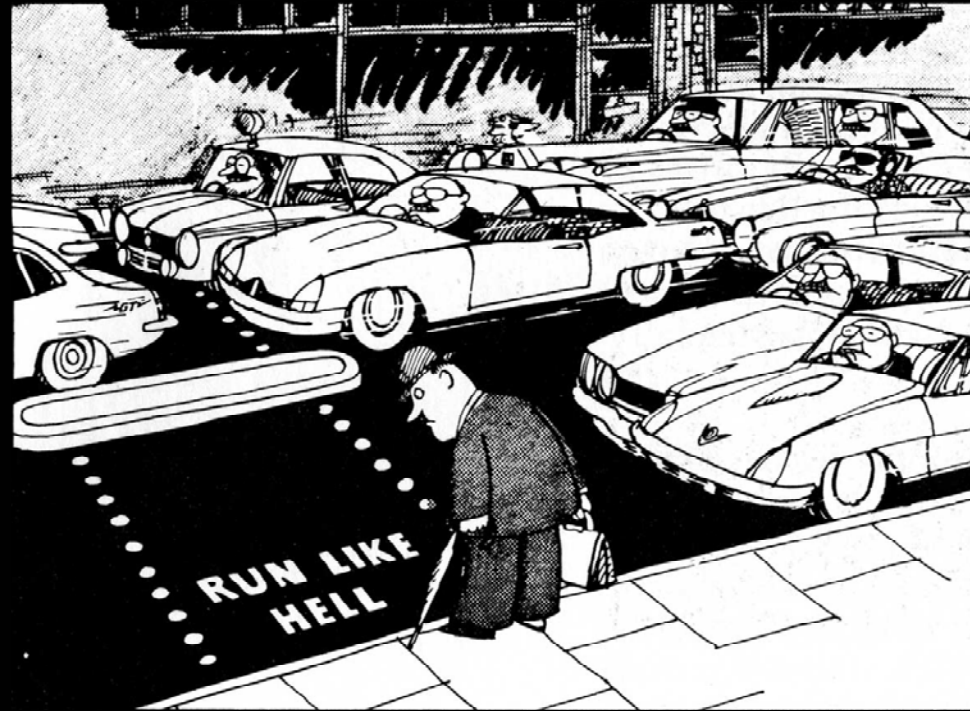
Land Used Mix



Density



Connectivity



Looking Closer: We need to examine the details, physical and perceived.
...*Consensus*

Image on right from Jan Gehl, 1987



The presence of a sidewalk...

But, it isn't just the sidewalk.

Urban Designers have identified 132 variables.



Greenwald, Isaacs, & Strath

Handy, Ewing, et al, 2005



Pleasant, Quiet Rooms
Adjacent to Street

Adequate Parking
Sidewalks Safe for Play
Emission Free Air
No Noise, Vibrations

Safe Environment for
Elderly, Handicaps
Clean Streets

Many Outdoor Activities
Like Gardening
Conversation with Neighbors

The Ecology of the Street: a street is more than just a viaduct.

Appleyard, 1980

Image Donald Appleyard, 1980



Scale, enclosure, space, some separation, sunlight, interest (physical and social), transparency, access, destinations...

...and OTHER PEOPLE.



Scale, enclosure, space, *some* separation, sunlight, interest (physical and social), transparency, access, destinations...

and OTHER PEOPLE (when it's a little warmer.)



Design <> Policy: Transportation

Shifting the balance physically and perceptually



Design <> Policy: Open Space in the Mix

Physical activity, yes, but also Psychological Health ...*Kaplan and Kaplan*



Design <> Programming: building activity into the design

An often underrated aspect of creating sustainable, healthy places